



# THE BEST OF TIMES

## FEBRUARY 2012

Published Monthly since 1997 by  
the Upper Merion Senior Service Center  
a Non-Profit 501(c)(3) Organization  
Serving the Senior Community

**UPPER MERION SENIOR SERVICE CENTER**  
**650 SOUTH HENDERSON ROAD**  
**KING OF PRUSSIA, PA 19406**  
**TEL: 610-265-4715**  
**FAX 610-265-4005**  
**WEBSITE: [www.umssc.org](http://www.umssc.org)**  
**EMAIL: [info@umssc.org](mailto:info@umssc.org)**  
**HOURS: MONDAY THRU FRIDAY**  
**9:00 AM TO 3:00 PM**

### **OUR MISSION STATEMENT**

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

### **OFFICERS:**

Gerry Roth, President  
Mary F. McCree, Vice President  
Helen Cabrey, Secretary  
Harlyce Grossman, Treasurer

### **MEMBERS OF THE BOARD:**

Paul Buce, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, Ruth Shand and Janet Sheehan

### **HONORARY MEMBERS:**

Mary Meere, Arthur Powell, Constance H. Williams

### **STAFF:**

Jonathan Stanback, Executive Director  
Shirley Robey, Administrative Assistant  
Beth Cassidy, Receptionist

### **"Best of Times" Editors:**

Mary F. McCree, and Shirley Robey

### **GOALS**

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

## **MONTHLY MESSAGE**

Dear Members,

As your new Executive Director of the UMSSC, I would like to thank the board and the members for the opportunity and the support they have given me.

I was born and raised in King of Prussia and graduated from Upper Merion Area High School. I am a graduate of Kutztown University, and I have a Bachelor's Degree in Speech Communications with a background in marketing and public relations. Some of you may recognize me from working at Buckley's Pharmacy or helping out in the community at various events and I have had experience working with all ages.

My goal is to help give back to the community with a focus on raising funds to support the center. I, along with the Board, will work hard and diligently to implement our goals.

UMSSC is a great center for everyone here and I look forward to maintaining our great reputation in the community.

I hope to establish a good rapport with the members and wish to continue to have an open door policy. Only by bringing me your ideas and concerns can I accomplish this. Again, thank you for the opportunity to work with all of you.

Sincerely,

*Jonathan Stanback*

***Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>IT'S A LEAP YEAR!</i></p>	<p>PICTURED ARE SOME OF THE MEMBERS WHO VOLUNTEERED FOR MARTIN LUTHER KING DAY OF SERVICE AT THE CENTER</p>		<p><sup>1</sup>  <b>10:00 BOARD MEETING</b>  12:00 TAI CHI  12:00 COED BASKETBALL  1:00 LINE DANCING</p>	<p><sup>2</sup>  <b>10:00 AARP TAX PREP</b>  10:15 BINGO  12:30 CHAIR EXERCISE</p>	<p><sup>3</sup>  9:00 POKER  10:00 MAH-JONGG  10:00 SING-A-LONG</p>	 <p><sup>4</sup></p>
 <p><sup>5</sup></p>	<p><sup>6</sup>  9:30 PINOCHLE  10:00 MAH-JONGG  10:30 CURRENT EVENTS  1:00 CRAFTS  1:30 YOGA</p>	<p><sup>7</sup>  9:00 POKER  9:30 COMPUTER CLUB  10:00 BRIDGE  12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION</b>  1:00 CRAFTS  1:30 MUSIC INSTRUCTION</p>	<p><sup>8</sup>  <b>10:00 GENERAL MEETING</b>  12:00 TAI CHI  12:00 COED BASKETBALL  1:00 LINE DANCING  1:00 GARDEN CLUB</p>	<p><sup>9</sup>  <b>10:00 AARP TAX PREP</b>  <b>10:00 NURSE</b>  10:15 BINGO  <b>11:00 OUTREACH-BRIGGS</b>  12:30 CHAIR EXERCISE</p>	<p><sup>10</sup>  <b>VALENTINE SOCIAL</b>  <b>11:00 AM</b></p>  <p><b>ALL OTHER ACTIVITIES CANCELLED FOR TODAY</b></p>	 <p><sup>11</sup></p>
 <p><sup>12</sup></p>	<p><sup>13</sup>  <b>9:00 CASINO TRIP</b>  9:30 PINOCHLE  10:00 MAH-JONGG  10:30 CURRENT EVENTS  1:00 CRAFTS  1:30 YOGA</p>	<p><sup>14</sup>  9:00 POKER  9:30 COMPUTER CLUB  10:00 BRIDGE  12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION</b>  1:00 CRAFTS  1:30 MUSIC INSTRUCTION</p> 	<p><sup>15</sup>  12:00 TAI CHI  12:00 COED BASKETBALL  1:00 LINE DANCING</p>	<p><sup>16</sup>  <b>10:00 AARP TAX PREP</b>  10:15 BINGO  12:30 CHAIR EXERCISE</p>	<p><sup>17</sup>  9:00 POKER  10:00 MAH-JONGG  10:00 SING-A-LONG</p>	 <p><sup>18</sup></p>
 <p><sup>19</sup></p>	<p><sup>20</sup>  <b>SENIOR CENTER CLOSED FOR PRESIDENT'S DAY OBSERVANCE</b>  <b>ALL ACTIVITIES ARE CANCELLED FOR TODAY</b></p> 	<p><sup>21</sup>  9:00 POKER  9:30 COMPUTER CLUB  10:00 BRIDGE  12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION</b>  1:00 CRAFTS  1:30 MUSIC INSTRUCTION</p>	<p><sup>22</sup>  9:30 QUILTING  12:00 TAI CHI  12:00 COED BASKETBALL  1:00 LINE DANCING  1:00 GARDEN CLUB</p>	<p><sup>23</sup>  <b>10:00 AARP TAX PREP</b>  <b>10:00 NURSE</b>  10:15 BINGO  <b>11:00 OUTREACH-LEACH</b>  12:30 CHAIR EXERCISE</p>	<p><sup>24</sup>  9:00 POKER  10:00 MAH-JONGG  10:00 SING-A-LONG  <b>11:15 FRIDAY FLICKS</b></p>	 <p><sup>25</sup></p>
 <p><sup>26</sup></p>	<p><sup>27</sup>  9:30 PINOCHLE  10:00 MAH-JONGG  10:30 CURRENT EVENTS  <b>10:30 GOOD FOOD / GOOD HEALTH</b>  <b>1:00 BOOK TALK</b>  1:00 CRAFTS  1:30 YOGA</p>	<p><sup>28</sup>  9:00 POKER  9:30 COMPUTER CLUB  10:00 BRIDGE  12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION</b>  1:00 CRAFTS  1:30 MUSIC INSTRUCTION</p>	<p><sup>29</sup>  12:00 TAI CHI  12:00 COED BASKETBALL  1:00 LINE DANCING</p> 			

**FEBRUARY 2012**

**Quote Of The Month:** "Let us always meet each other with smile, for the smile is the beginning of love." *Mother Teresa*

## OUR BOARD OF DIRECTORS



*(NOT PICTURED BOARD SECRETARY – HELEN CABREY)*

## INDEX – FEBRUARY 2012

	<b>PAGE</b>
2012 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
COMMUNITY OUTREACH	3
ACKNOWLEDGEMENTS	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	5
SPOTLIGHT ON...	6
ACTIVITIES	6
REMINDERS	BACK PAGE

## UPCOMING EVENTS

**THE CENTER WILL BE CLOSED MONDAY, FEBRUARY 20 IN OBSERVANCE OF PRESIDENT'S DAY. NOTE: ALL ACTIVITIES ARE CANCELLED ON THAT DAY.**

**AARP TAX PREP:** Every Thursday beginning February 2 through April 12 from 10:00 AM to 2:00 PM. *Free to all seniors.* One-hour (*only*) appointments are available; sign-up at Reception Desk. ***MUST SIGN-UP IN PERSON – NO TELEPHONE APPOINTMENTS WILL BE TAKEN.***

**NEW ART INSTRUCTION: Tuesday's February 7 To April 10 from 1:00 PM to 3:00 PM.** All levels welcomed to do watercolor, oils, acrylics and pastels. Learn color mixing, design, theory, form, line, etc. ***Bring your own supplies.*** Instructor: Millie Becker. Cost: \$15.00 for 10 weeks

**FLEA MARKET ROOM OPENS: MONDAY, MARCH 26.** We will begin accepting donations of books for children and adults, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! The "Flea Room" will be open for business Monday through Thursday from

10:00 to 2:00 PM. *All profits from sales benefit the Senior Center.*

**AARP DRIVER SAFETY COURSE: Tuesday, March 27 from 9:30 AM to 2:00 PM** (4-hour course). Registration forms available at the center. Checks, \$12.00/AARP members or \$14.00/non-AARP members are to be sent directly to the AARP course instructor, Buzz Ordonio (address is on form). Next course scheduled for June 19 and 20 will be an 8-hour course. Watch for details.

## COMMUNITY OUTREACH

### DONATIONS TO UMSSC

Upper Merion Senior Service Center is now a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. ***As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members.***

★ Thank you to John and Ann Karas for their generous donation to the center.

★ Thank you to Gerry & Harlyce Grossman, Paul & Sally Buce, Ethel Hutchinson, Jim & Elaine Parvin, Shirley Robey and Ruth Shand for their generous donations to the center *in memory of Marie Fischuk.*

### UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. Donation box is outside of the lounge. The Upper Merion Emergency Fund is requesting donation of gloves and socks for any age. As always, we thank you for your generosity.

### ST. JOHN'S SOUP KITCHEN

St. John's Soup Kitchen is in need of canned goods as their numbers are growing. They do not need any desserts. Any donation you can give will be greatly appreciated. The collection box is on the table outside of the lounge. St. John's Kitchen is run by volunteers of the Women's Club of Upper Merion.

### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. Collection box is on the table outside of the lounge. Members might keep in mind how valuable these books are to young readers. Thank you notes have been received from the children and they are posted on our bulletin board. Check them out! *WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN.*



### **ACKNOWLEDGEMENTS**

#### **GRACIAS! THANKS! DANKE! MERCI! ARIGATO! GRAZIE! OBRIGADO!**

★ Thank you to **Angelo's Pizza** - Birthday Hoagie every month, to ★ **LeBus Bread** - Member Raffle every month and to ★ **Sun Joe** - who generously donates the baked goods we put out for snacks. We also thank ★ **Sicilian Delight** for their great discounts on pizza (*Everyone raves about their pizza!!!*). Many thanks to ★ **Brown + Bunn, Inc.** for their donations of Tastykakes. Yum!!!

### **COMMUNITY HAPPENINGS**

#### **UPPER MERION TOWNSHIP CITIZENS POLICE ACADEMY**

The Upper Merion Township Police Department will conduct its twelfth "Citizens Police Academy" at the Township Building, beginning on March 13, 2012 and ending on May 22, 2012. Citizen Police Academy classes will be held every Tuesday evening from 7:00pm until approximately 9:00pm in the Township Building.

The academy is open to Upper Merion Township Residents, eighteen years or older with a *valid driver's license*, \* at no charge.

The purpose of the academy is to provide township residents with a basic knowledge of various police functions in a fun and interactive way. Graduates will not be certified in any way to enforce the law.

*\*Except applicants with physical disabilities precluding them from obtaining a driver's license.*

### **VOLUNTEER FOR YOUR NEIGHBORHOOD MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization why not try "Meals on Wheels". *Meals on Wheels* is a non-profit, non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. This service is provided Monday through Friday.

They are in need of the volunteers (men and women) to help prepare and deliver these meals on a regular or occasional basis. *All volunteers work in pairs:*

- Meal packers needed from 9:30 to 11:00 AM
- Meal deliverers, needed from 10:45 AM to 12:30 PM.

Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM Monday through Friday. Telephone: 610-265-7051.

### **FRIENDS OF VALLEY FORGE SPEAKER SERIES**

*Programs are held on Tuesday evenings at Washington Memorial Chapel at 7:00 PM. Admission is free to members and the public.*

#### **February 7 – Wash. Memorial Chapel**

**Bob Sullivan:** Publisher, businessman, re-enactor, volunteer, and prop master presents: *Red Tape in the American Revolution*. Ranging in size from small scraps and notes to large, oversize forms, the "paperwork" of the Revolution is, surprisingly, far from a mundane subject.

#### **March 6 – Wash. Memorial Chapel**

**Samantha Meta:** Member of the Oneida Nation presents: *Oneida Women during the American Revolution*. An up-close and personal look at the contributions of, and challenges to, the women

of the Oneida Nation during Revolutionary times in America.

#### **April 3 – Wash. Memorial Chapel**

**Philip N. Steel:** Former CEO of the Steel family importing business and member of the Descendants of Washington's Army at Valley Forge presents: *Early American Jewry – The Steel Family*. Meet the Steel's – a Jewish family of determination and resilience who came to America in the 1700s and participated in the American Revolution, the War of 1812, the Civil War, the reconstruction of Monticello, the Gold Rush, and much more.

#### **May 1 – Park Theater**

**Dean Malissa:** Portrays George Washington at Mount Vernon; seen on film, TV, commercials, and stage presents: *General George Washington as interpreted by Dean Malissa*. Spend an evening with George Washington, who, more than anyone else in our nation's history, was central to the formation of the United States and the American character. *This program will be held in the Park Theater.*

#### **TRI-COUNTY CONCERTS** **EMERGING ARTISTS SERIES**

Concerts are held on **Sundays at 2:30 PM at McInnis Auditorium, Eastern University**, 1300 Eagle Road., St. Davids, PA (610-649-2517). **General Admission: \$ 20.00 - Senior Admission: \$15.00 - Students and Children: Free**

#### **Scheduled Concerts:**

February 5: Svetlana Smolina, Piano  
March 11: Daedalus Quartet  
April 15: Jonathan Beyer, Baritone

#### **UPPER MERION TRICENTENNIAL** **COMMEMORATIVE COOKBOOK**

In honor of the Upper Merion's Tricentennial in 2013, the Committee is collecting family recipes for a **Commemorative Cookbook**. Bring or Send us your favorite, best, and/or family heirloom recipes. Include your name, the person whose recipe it is (if different), how long you or your family has been a resident, and the neighborhood/area of the township where you reside (Gulph Mills, Sweetbriar, Swedeland, etc.) If there is a special story that goes along with the recipe, send that along, too! Recipes can be brought to the Senior Center or mailed to Tricentennial Cookbook, 175 W. Valley Forge Road, King of Prussia, PA 19406 or emailed to: [Tricentennial@umtownship.org](mailto:Tricentennial@umtownship.org)

## **NEWSWORTHY**

### **OFFICERS AND BOARD MEMBERS FOR** **2012 SWORN IN AT JANUARY GENERAL** **MEETING**

At the January 11 General Membership Meeting all of the officers and board members were sworn in. Congratulations to them all!

**Officers:** President - Gerry Roth, Vice President - Mary McCree, Secretary - Helen Cabrey and Treasurer - Harlyce Grossman.

**Board of Directors:** Paul Buce, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, Ruth Shand and Janet Sheehan

### **DONATION RECEIVED FROM B'NAI BRITH**



The senior center received a generous donation of \$450.00 from B'Nai Brith Towers Lodge 3090. It was presented at the Board of Supervisors Meeting on January 12 by Bill Bly and accepted by Harlyce Grossman, our Treasurer (*pictured above*).

### **PLEASE COMPLETE SURVEY**

If you haven't returned your survey which was attached to January's newsletter, please do so. The survey asks for your input as to what you like or don't like to read in our newsletter or if you would prefer not to receive a paper copy but review it on our webpage [www.UMSSC.org](http://www.UMSSC.org). Your feedback is very important to us as we want to be sure that we are providing information that interests you. Additional blank surveys are

available in the lobby of the center. Look for results in the March Newsletter.

### **RED LABEL FRIENDLY REMINDER**

***Just a friendly reminder that a RED DOT*** placed on your February newsletter address label means you have not renewed your membership for 2012 and *this will be your last newsletter until you renew*. Membership runs from January 1 to December 31. **2012**

### **APPLICATION FORMS MUST BE COMPLETED**

**WHEN RENEWING MEMBERSHIP.** We look forward to receiving your membership renewal. If you have any questions, feel free to stop by the staff office.

### **INCLEMENT WEATHER ALERTS**

UMSSC is closed when the Upper Merion Area School District closes due to *inclement weather*. *UMASD school closing number is "307"*. If there is a 2-hour delay in school opening the center *will be closed*.

Notice is also broadcasted on Comcast channel 28 or Verizon FIOS channel 32 or you can call the senior center *after 7:30 am (610-265-4715, wait at least 8 rings)* and listen to voice mail recording. You can also call KYW-1060 radio (215-925-1060) follow instructions and enter UMASD school closing number "307".

### **BINGO CALLER NEEDED**

If you are a bingo player you know that we have lost our bingo caller. We need someone who can speak loudly and clearly so that our players can hear to win, win, win! If you are interested or know of someone who would like to volunteer, please talk to Evelyn Cavaliere.

### **SPOTLIGHT ON . . .**

**VOLUNTEERING** makes you a special person. The Senior Center couldn't operate without volunteers. Therefore, we would like to acknowledge and send a very special thank you to all of our *special* members who volunteered for our Martin Luther King Day of Service at the Senior Center on January 16. From the kitchen to the computer room, sewing room to the lounge and the exercise and game areas they conscientiously worked to clean and sanitize, dust and organize so that our center shines from top to bottom. Be sure to thank them when you see them for they gave up their time to help keep your center looking good!

**Our MLK Day Volunteers:** Patricia Ackah, Paul Buce, Helen Cabrey, Jim & Reda Cunnion, Jean Ehlinger, Gerry Fontaine, Gerry & Harlyce Grossman, Pari Hoorfar, Don & Mary McCree, Marian Noval, Eileen Rodrique & her grandchildren Jessie & Kaylie Bereda,

Gerry & Betty Roth, Ruth Shand, and Ann Zebrowski. **Thank you all for your volunteerism!**

### **ACTIVITIES**

**APPRISE COUNSELOR:** Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

**NEW ART INSTRUCTION:** Tuesday's from 1:00 pm to 3:00 pm. All levels welcomed to do watercolor, oils, acrylics and pastels. Learn color mixing, design, theory, form, line, etc. ***Bring your own supplies.*** Instructor: Millie Becker. Cost: \$15.00 for 10 weeks ***beginning Tuesday's FEBRUARY 7 to APRIL 10.***

**BINGO:** Thursdays at 10:15 AM. Coordinator: Evelyn Cavaliere. Cash prizes!

**BOOK TALK: Monday, February 27 at 1:00 PM.** Coordinator: Patricia Ackah (610.265.4290). Meets on the third Monday of the month. This month's book is ***"The Immortal Life of Henrietta Lochs"*** by Rebecca Skloot.

**BRIDGE CLUB:** Tuesday's at 10:00 AM.

**CASINO TRIP: MONDAY, FEBRUARY 13.** Bus departs from Center to Showboat Casino at 9:00 AM and returns approximately 6:15 PM. Bus Captain: Harry Bailey. ***Cost: \$25.00*** per person. Limit 47 passengers. No telephone reservations. ***MINIMUM 35 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, FEBRUARY 4.***

**CRAFTS:** Monday's and Tuesday's at 1:00 PM. Coordinator: Dot Price. Instruction provided. Hand-made items are for sale and all proceeds benefit the Center.

**CURRENT EVENTS DISCUSSION GROUP:** Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets Mondays at 10:30. The news keeps streaming in. Elections, Middle-East, the economy, earthquakes in Ohio, the Euro zone ..... See you at 10:30 Monday.

**FRIDAY FLICKS: Friday, February 24** (Pizza at 11:15 AM, Movie at 12:00 PM.) This month we will be showing "MIGHTY MACS", starring Carla Gugino, David Boreanaz, Marley Shelton, Ellen Burstyn and Kimberly Blair. Based on the

true story of the 1971-72 Immaculata College team that started in obscurity but became the original Cinderella story in women's basketball. This team of trailblazers went from barely making that inaugural tournament to the first dynasty in their game. Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay at the Reception Desk.

**GARDEN CLUB:** Chairperson: Paul Buce. Meets the second and fourth Wednesday at 1:00 PM. The club rolls back into action on Wednesday the 8th. Our traditional start is a planning meeting to get our green thumbs activated. Along with a lot of pent up garden talk.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday at 10:00 AM. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President.

**LIBRARY:** Open Monday through Friday from 9:00 AM to 3:00 PM. An excellent selection of large print books, tapes and videos are available to borrow.

**MAH-JONGG:** Monday's and Friday's at 10:00 AM. All level players are welcome. Interested in learning Mah-Jongg? ***We have some members who are willing to teach new players. Instruction will be given only on the last Monday of the month at 9:30 AM but you are encouraged to come and play at any time.***

**OUTREACH:** Representative Tim Briggs' aide is here the second Thursday of the month - 11:00 AM to 2:00 PM. Senator Daylin Leach's aide is here the last Thursday of the month - 11:00 AM to 1:00 PM.

**PINOCHLE LADIES AND GENTS:** Monday's at 9:30 AM.

**POKER CLUB:** Tuesday's and Friday's at 9:00 AM. \$5.00 ante, \$2.00 entry. Coordinator: Bernie Zelenak.

**QUILTING:** Fourth Wednesday of the month at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

### MUSIC PROGRAMS

**MUSIC INSTRUCTION:** Tuesday's at 1:30 PM. Instructor: Ed Hickman.

**SING-A-LONG:** Friday's at 10:00 TO 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio.

### UMSSC EXERCISE PROGRAMS

**CHAIR EXERCISE:** Every Tuesday and Thursday from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

**TAI CHI:** Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

**CO-ED BASKETBALL:** Wednesday's from 12:00 PM to 1:00 PM in the gym. FREE.

**LINE DANCING:** Every Wednesday at 1:00 PM in the gym. Coordinator: Loretta DeLucca. \$1.00 fee per lesson.

**STAND-UP YOGA:** Monday's at 1:30 PM. Certified Instructor: Dr. Christine Grad. \$3.00 per class. Limited to 8 members per class.

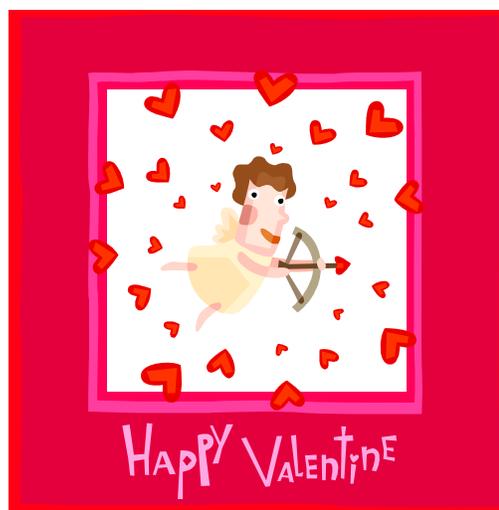
### COMPUTER LEARNING CENTER

**COMPUTER CLUB:** Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. No fee; no class limit. Meetings are open to all *members*, all ability levels.

### HEALTH AND WELL-BEING

**The holidays are over and the days are just "BLAH". so "JOLT" your taste buds awake with "GOOD FOOD/GOOD HEALTH WITH PARI. Its on Monday, February 27 at 10:30 AM. For a paltry \$6.00 you'll get lunch with dessert and a beverage too and GOOD COMPANY TOO! Pari will be making Lebanese Lentil Soup. Minimum of 10 - limited to 15. ADVANCE SIGN-UP AND PAYMENT IS REQUIRED SO THAT ENOUGH FOOD CAN BE PREPARED.**

**NURSE:** Every 2nd and 4th Thursday of each month from **10:00 AM to 12:00 PM**. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.



## REMINDERS FOR FEBRUARY 2012

- \* AARP TAX PREP: ON THURSDAYS BEGINNING FEBRUARY 2 TO APRIL 12 FROM 10:00 AM TO 2:00 PM
- \* NEW – ART INSTRUCTION: TUESDAY'S BEGINNING FEBRUARY 7 TO APRIL 10 AT 1:00 PM
- \* VALENTINE HOAGIE SOCIAL: FRIDAY, FEBRUARY 10 AT 11:00 AM (NO OTHER ACTIVITIES SCHEDULED FOR THIS DAY)
- \* CASINO TRIP: MONDAY, FEBRUARY 13 AT 9:00 AM
- \* FRIDAY FLICKS: FRIDAY, FEBRUARY 24 - PIZZA AT 11:15 AM MOVIE AT 12:00 PM. MOVIE: "THE MIGHTY MACS"
- \* GOOD FOOD/GOOD HEALTH WITH PARI: MONDAY, FEBRUARY 27 AT 10:30 AM
- \* BOOK TALK: MONDAY, FEBRUARY 27 AT 1:00 PM
- \* FLEA MARKET ROOM OPENS: MONDAY, MARCH 26. DONATIONS ACCEPTED MONDAY TO THURSDAY FROM 10:00 AM TO 2:00 PM
- \* AARP DRIVE SAFETY COURSE: TUESDAY, MARCH 27 FROM 9:30 TO 2:00 PM

HAPPY VALENTINES DAY ❤️ TUESDAY, FEB. 14

SENIOR CENTER CLOSED ON MONDAY, FEBRUARY 20 IN OBSERVANCE OF PRESIDENT'S DAY



NOTE:  
THE UMSSC  
IS CLOSED  
WHEN THE UM  
AREA SCHOOL  
DISTRICT CLOSES  
DUE TO  
INCLEMENT  
WEATHER

*UMASD SCHOOL  
CLOSING  
NUMBER  
IS "307"*

NOTICE IS ALSO  
BROADCASTED  
ON COMCAST  
CHANNEL 28  
OR  
VERIZON FIOS  
CHANNEL 32

OR CALL  
SENIOR CENTER  
AFTER 7:30 AM  
(610-265-4715)  
AND LISTEN TO  
VOICE MAIL  
RECORDING

OR CALL  
KYW-1060 RADIO  
(215-925-1060)  
FOLLOW  
INSTRUCTIONS  
AND ENTER  
UMASD SCHOOL  
CLOSING  
NUMBER "307"

UM RAMBLER  
Free service to UM  
Township Seniors  
(Visit GVF  
Transportation for  
pass)  
You can ride back and  
forth to the Center,  
the Malls, and other  
destinations!  
GVF Transportation  
Dept.  
1012 W. Eighth Ave.,  
Suite A  
King of Prussia, PA  
19406  
Phone: 610-354-8899  
[www.gvftma.com](http://www.gvftma.com)

Note:  
Information  
submitted following  
Jan. 4 will be posted  
on the UMSSC  
Bulletin Boards and  
listed on UMGA-TV  
(Comcast Channel  
22 or Verizon FiOS  
Channel 33)  
Visit the Center's  
web site at:  
[www.umssc.org](http://www.umssc.org)

UPPER MERION SENIOR SERVICE CENTER  
650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

Non-Profit Org.  
U.S. Postage  
PAID  
Southeastern, PA  
Permit No. 615

TO: RESIDENT or OCCUPANT